**Athletes Information**

**Scottish National Age Group Championships**

**22nd and 23rd August 2015**

**Grangemouth Stadium**

**Getting There & Parking**

The Age Group Championships are taking place at Grangemouth Stadium, Kersiebank Avenue, Grangemouth. For those of you who use satnav, the postcode is FK3 0EE. There will be limited car parking available at the venue, offered on a first come first served basis. Please note there is additional parking both to the rear of the stadium as well as at Grangemouth High School. This is accessible via Tinto Drive past Bowhouse Primary School.

**Declarations**

On arrival, athletes should report to declarations which will be situated next to the indoor warm-up area. **Declarations will open from approx. 08.15 until 16:15** on Saturday and **08.15 until 16.00 on Sunday**. Athletes must declare **no later than one hour before their scheduled event.**

**Competition Numbers:** These will be issued on declaration for your event(s), one set of numbers per athlete. Only competitors wearing the correct number will be permitted to enter the main arena. Numbers must not be folded, mutilated or concealed in any way.

Please inform the Referee if you are not fit to continue in an event for which you have declared.

If any athlete is in a field and track event at the same time, it is extremely important that you please notify the Call Room when reporting in.

Please note that UKA Rules state that U13 and U15 athletes CANNOT compete in an 800m and 1500m on the same day. U13, U15 and U17 athletes can also only compete in a maximum of THREE individual events on the same day.

**Call Room**

There will be one call room in operation for track events, athletes to report 20mins before their race. Throws and Horizontal Jumps will report to the Assembly point 30 minutes before their event (High Jump 40mins before and Pole Vault 50mins before to meet their field judge.)

The assembly point will be situated in the blaze area outside the indoor warm up area.

All athletes are reminded that coaches and/or parents are not permitted in the Call Room. Electronic devices will not be allowed in Call Room.

**Leg numbers**: will be issued in Call Room.

**Timetable**

Timetables are available online and are sent out along with the athlete’s information. They will also be posted at the event. If not enough athletes declare for heats then the event will take place as a final which will go at the timetabled heat time. If semi-finals are not required finals will be contested at semi-final time.

**A B Finals**

A & B finals will only be held in the 70m Hurdles (Under 13 Girls) and 75m Hurdles (Under 15 Girls) all other events will have heats, semi Finals and finals. The Heats with the fastest 8 going in the A final, next 8 in the B Final. Medals will be awarded to 1st, 2nd & 3rd in the A Final only.

**Presentations**

Field Event medal presentations will take place immediately following the conclusion of the event. Field athletes will be escorted from the event area to presentations. Track athletes should be prepared for presentations as soon as possible after the race following confirmation from the Announcer.

**Track Events**

**Athletes are reminded of the False Start Rule 111**

**Spike Usage for Mondo Services**

Under no circumstances will athletes be allowed to use needle spikes on the Mondo surface at Grangemouth. Any athlete found to have these spikes whilst using the Mondo surface will be asked to remove them immediately. Alternative spikes will be available to purchase at reception.

Acceptable Spike Types



Maximum spike length 7mm, 9mm for High Jump, 13mm for Javelin

**Field Events**

Qualification conditions are - three trials and thereafter the leading eight competitors will be allowed a further three trials (If there are less than eight athletes then all will get six trials)

**ATHLETES MUST OBEY ALL STADIUM RULES**

**Equipment**

**Own Equipment Check in**: Must be 75 minutes before start of your event

**Use of own blocks:** Athletes are NOT allowed to use their own blocks.

**Length of Spikes:** Maximum spike length 7mm, 9mm for High Jump, 13mm for Javelin

**Spectators**

Spectators all are welcome. There will be a small admission charge of £3 per person, programmes will also be on sale at the admissions desk.

**Catering**

There is limited food options available at the stadium, however a small café is on site.